

Red, White and Blue Parfaits

Parfaits sound complicated, but they are actually very simple. Children enjoy helping to put them together.

You will need:

Tall clear glasses or mugs

Strawberries

Blueberries

Whipped cream (or yogurt)



Add a layer one type of berry, then a layer of whipped cream, then a layer other type of berries, then more whipped cream, until the dish is almost full.

Ta-Da! You're done and ready to enjoy.

You can substitute yogurt for the whipped cream for a lower sugar option. You could also add layers of crushed cookies or crackers for some crunch, maybe even some granola!